

SILENT GUIDED RETREAT: March 30 - April 2, 2020

Cost \$575.00

Registration Form

Registration deadline: March 20

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

Phone: _____

Email: _____

Gender: __ Age: 18-30 __ 31-45 __ 46-64 __ 65+ __

Religious Affiliation: _____

Occupation: _____

Dietary or special needs: _____

First Silent Directed Retreat? Y/N _____

Have experienced seeing a spiritual director?
Y/N _____

"The art of being on a **retreat** is the art of being where you are." - *Henri Nouwen*

"It is always an act of faith to trust **silence**. ...Silence is what surrounds everything. When you can train yourself to reverence the silence around things, you first begin to see things in themselves and for themselves. This 'divine' silence is before, after, and between all events for those who see respectfully.

When our interior silence can actually feel and value the silence that surrounds everything else, we have entered the house of wisdom ...the very heart of prayer." - *Richard Rohr OFM*

"Faith comes by **hearing**, and hearing by the Word." - *Romans 10:17*

SPIRITUAL FORMATION DAYS

April - June 2020

9:00 a.m. - 4:00 p.m.

Come to one or several sessions!

APR 18 **Ecumenism: Opening Spiritual Doors**
Archbishop Don Bolen

MAY 23 **Ignatian Spirituality**
Dianne Mantyka

JUNE 13 **Social Justice and Spirituality**
Rev. Claire Ewert Fisher

The Journey Toward an Undivided Life

A COURAGE AND RENEWAL® RETREAT

Friday April 24, 7:00 - 9:00 p.m.

Saturday April 25, 9:00 a.m. - 5:00 p.m.

FREE PUBLIC LECTURE THURSDAY EVENING:
The Activist as Mystic: A Hidden Wholeness

Facilitator: **Dan Hines**. *Mentored by the activist and writer, Parker J. Palmer, Dan Hines is an international leadership consultant, coach, speaker and Courage & Renewal® facilitator with the Center for Courage & Renewal.*

Silent Guided Retreat

"Come away with me..."

Monday March 30, 4:00 p.m. -

Thursday April 2, 1:00 p.m.



Dianne Mantyka, M. Div.

To register please contact and send this form to

Dianne Mantyka

dimantyka@sasktel.net • 306-514-2193

Registration deadline: March 20

A non-refundable deposit of \$100 is required when registering, to be refunded if Queen's House cancels this retreat.

Please call 306-242-1916

or visit Queen's House for payment:
601 Taylor Street West, Saskatoon SK



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

FOUR DAY SILENT GUIDED RETREAT

"Come away with me by yourselves to a quiet place and rest awhile." Mark 6:31

Come to this peaceful riverside setting in the Season of Lent to restore, realign and strengthen your soul. Throughout this time in silence and solitude you will have opportunity to meet daily with a spiritual director and to spend time praying with scripture. Taking time for this retreat is a means to help you encounter God, become aware of the Spirit, and to live out more freely Christ's presence in your life.

Monday March 30, 4:00 p.m. -

Thursday April 2, 1:00 p.m.

\$575 (live-in only) - includes lodging, meals, spiritual direction and facilitation.

Registration deadline: **Friday March 20**

Spiritual Direction is the process of accompanying someone on their spiritual journey.

The **Spiritual Director** is a dedicated traveler of the interior pathways who has skills to accompany another person's searching through life's ups and downs. The Director listens, encourages, supports and assists the person to pay attention to their life and to God.

The **Art of Spiritual Direction** lies in uncovering the obvious in our lives and in realizing that every day events are the means by which God reaches us, accompanies us, and transforms us.



Dianne Mantyka loves accompanying those on their path of becoming all they are created to be in loving relationship to God, self, nature and others. She believes God is continually making all

things new in our lives as we attentively surrender to Christ's Presence being revealed. She holds an M.Div. with a Spiritual Theology concentration from Regent College, has CPE training, and has experience in inner healing prayer ministry and a variety of prayer forms. Her background includes biology, missions, and 19 years in Inter-Varsity campus ministry. She is a wife, care-giver, step-mom, and Oma. She enjoys her family, friendships, canine companion, time in the outdoors, reading, creativity, learning and empowering.

With Queen's House, Dianne co-directs the Spiritual Direction Formation Program, is on the Programming Team and the Spiritual Directors Team, and offers Silent Directed Retreats and the Nineteenth Annotation.

Her experience connects her with a variety of backgrounds.

dimantyka@sasktel.net • 306-514-2193



Preparing for Your Retreat

To enhance your retreat experience, it is suggested that you let your family and loved ones know that you are unavailable. Leave with them the number for Queen's House, 306-242-1916, in case of an emergency. It is helpful to give notice in advance to your email and phone contacts, that you are in silence and solitude, unavailable, during your retreat days.

Encouraged to Leave Behind or Put Aside

- Books and reading material on your to-do list
- Projects, work, on your to-do list
- Phone, communication devices, technology

Suggestions to Bring

- Comfy clothes, slippers, warm sweater or shawl
- Outdoor clothing, walking gear
- Toiletries, favorite pillow
- Journal, writing material
- Reading material, scripture, that is conducive to spiritual reflection
- Knitting, needlework, coloring or drawing material that enhances a contemplative mode

Solitude is being with God and God alone. ... Why is it so important that you are with God and God alone? ... It's important because it's the place in which you can listen to the voice of the One who calls you the beloved. To pray is to listen to the One who calls you "my beloved daughter," "my beloved son," "my beloved child." To pray is to let that voice speak to the center of your being, to your guts, and let that voice resound in your whole being.

- Henri Nouwen